

# Pizza Party Pita

**Makes:** 32 servings

32 Servings

Ingredients	Weight	Measure
Pitas		32
Ricotta cheese		4 cups
White beans, cooked and drained		5 cups
Tomatoes, chopped		8 cups
Spinach		4 cups
Tomato sauce		4 cups
Milk, 1% (low-fat) or fat-free		1/4 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>370</b>	
Total Fat	3 g	
Protein	17 g	
Carbohydrates	71 g	
Dietary Fiber	9 g	
Saturated Fat	1 g	
Sodium	184 mg	

## Directions

1. Preheat oven to 350°F.
2. In mixing bowl, stir together spinach, ricotta cheese, tomatoes and beans.
3. Slice pitas open. Place 1/4 cup mixture in each pita.
4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Prick tops with a fork.
5. Place in 350°F oven for 8-10 minutes.

## Notes

Serving Tips:

This pita can be made with eggs for breakfast, fruit and/or vegetables for a quick snack, or topped with vegetables or meat for meals!